

# Torticollis: Comprehensive Strategies for Assessment and Interventions



Anjali Gupta, PT, MSPT, CLT

## Faculty

Anjali Gupta, PT, MSPT, CLT, has been a pediatric physical therapist for more than 20 years specializing in treatment of children with cerebral palsy, torticollis, and NICU. She currently works at Texas Children's Hospital as the manager of Clinical Education and Research. She provides education programming, mentoring, and develops training programs for therapy staff. She served as the co-chair of programming committee for the APTA Academy of Pediatric Physical Therapy for the national Combined Sections Meeting for several years and is currently the vice – chair of the Neonatology Special Interest Group.

Anjali worked closely with the late [Cindy Miles](#) in APTA's pediatric section and she is thrilled to continue Cindy's teaching of Plagiocephaly and Torticollis for ERI.

**Disclosure:** Financial: Anjali Gupta receives an honorarium from Education resources for this course. **Non-Financial:** She has no non-financial relationships to disclose.

## About this Live Webinar

In this interactive NEW course, we will take a more in depth look at assessment of children with torticollis and integrate different treatment approaches. Current functional, clinically oriented evaluation and evidence-based treatment strategies for infants and young children that can be integrated into routines and play will be provided. Learning opportunities will transpire through lecture, case reports, group problem solving, video review, and lab practicum. The extensive use of pictures and videos throughout the 2 days of intensive course materials will allow participants to problem solve and identify movement and tissue impairments related to the diagnosis of torticollis, providing functional ways to evaluate and treat.

## Objectives

- Choose evidenced based treatment regimens for torticollis.
- Utilize a comprehensive systems approach to evaluate a child with torticollis.
- Implement strategies to cultivate parent/caregiver's understanding of torticollis' global impact and compliance with the HEP/follow-up recommendations.
- Establish individualized treatment plans including dosing based on severity.
- Integrate vision and vestibular assessment and treatment in the management of torticollis.
- Apply assessment and treatment strategies to treat the flexible bony misalignment.
- Relate upper cervical spine alignment to tight oral tissues.
- Apply interventions to improve postural symmetry in a child with torticollis to facilitate improved feeding, participation in play, and/or functional mobility.

Help your patients achieve better outcomes.

## Schedule – Day 1 9:10am - 6:00 pm EST (US)

|             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:10–9:30   | Webinar Registration/Zoom Course Opens                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 9:30–12:00  | <p>Assessment</p> <p>Taking A History – Why it Matters</p> <ul style="list-style-type: none"> <li>• Maternal Factors</li> <li>• Medical/Surgical Factors</li> </ul> <p>Systems Assessment</p> <ul style="list-style-type: none"> <li>• Musculoskeletal Alignment <ul style="list-style-type: none"> <li>○ Head/Neck</li> <li>○ UE/Shoulder Complex</li> <li>○ Rib Cage Alignment and Breathing Patterns</li> <li>○ Spine (MFS, palpation, range of motion scales)</li> <li>○ Pelvis</li> <li>○ Tibia/Foot</li> <li>○ Breathing Patterns</li> </ul> </li> <li>• Vision</li> <li>• Vestibular</li> <li>• Behavioral Cues</li> <li>• VBI Testing</li> </ul> <p>CASE ANALYSIS</p> |
| 12:00–12:30 | LUNCH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 12:30–6:00  | <p>Interventions: Clinical Pathways/Protocols/ Outcomes</p> <ul style="list-style-type: none"> <li>• Normal Development</li> <li>• Labs <ul style="list-style-type: none"> <li>○ Manual Stretching</li> <li>○ Alignment (OA release, coccyx, O-C2 distraction)</li> <li>○ Spine, pelvis, wrist, navicular</li> <li>○ Scar Tissue if Present</li> <li>○ Fascial Correction (KT, skin rolling, MFR)</li> <li>○ Functional Range of Motion</li> </ul> </li> </ul>                                                                                                                                                                                                                |

## Schedule – Day 2 9:10 am - 6:00 pm EST (US)

|             |                                                                                                                                                                                           |
|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:10–9:30   | Webinar Registration/Zoom Course Opens                                                                                                                                                    |
| 9:30–12:00  | <p>Labs continued</p> <ul style="list-style-type: none"> <li>• Trigger Points</li> <li>• Functional Strengthening</li> <li>• Vision</li> <li>• Vestibular</li> </ul>                      |
| 12:00–12:30 | LUNCH                                                                                                                                                                                     |
| 12:30–6:00  | <p>Documentation</p> <p>Positioning/Including NICU</p> <p>Botox/Surgical Intervention</p> <p>Pulling it all Together</p> <ul style="list-style-type: none"> <li>• Case Studies</li> </ul> |

## Audience

Physical, Occupational & Speech Therapists working in acute care, EI, home health, neurology, NICU, orthopedics or pediatric settings.

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To receive a certificate of completion all registered attendees are required to attend and participate fully in all applicable course activities (i.e., labs, discussions, group work, polls, post-tests with passing grade of 80% or greater etc.) and complete the evaluation form.



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Approved by the MD Board of Physical Therapy Examiners.

Approved by the MN Board of Physical Therapy.

Application has been made to the NJ Board of Physical Therapy Examiners.

Approved sponsor by the State of IL Department of Financial and Professional Regulation for Physical Therapy for 18 contact hours.

Application has been made to the Illinois EI Training Program.

Approved provider by the NY State Board of Physical Therapy for 18 contact hours (1.8 CEUs).

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12 hours of this course qualify towards the discipline-specific hours for the 20-hour requirement for NDTA re-certification. They do NOT qualify towards the 8-hour NDTA Instructor requirement for re-certification.

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## Webinar Dates and Times

**March 6 and 7, 2026**

**9:10 am EST • 8:10 am CST • 7:10 am MST • 6:10 am PST (US)**

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



\$389 fee. **LIMITED ENROLLMENT** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be NO REFUNDS after this 14-day deadline. We encourage you to register online!

**WEBINAR**  
**Torticollis: Comprehensive Strategies for Assessment and Interventions**

**taught by Anjali Gupta**

☐ **March 6 and 7, 2026**

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